

It's the first Sunday of the month and that means **Equal Exchange Fair Trade coffee and chocolate** are available for purchase today in the Fellowship Hall.

**Thanks Today to:**

Our **Liturgist:** Susan Weeks

Our **Usher:** Boyd Brown

Our **Tech Team:** Carolyn Collins, Roger Swenson

Our **Coffee Volunteer:** Keri Swenson

Our **Altar Flowers:** Given by Dick Wood in memory of Pam Wood, born July 4, 1946

Special thanks to the **Choir** (*Dick Wood, Bill Fennell, Helene Milner, Jillian Holmberg, Ruth Landmann, Peggy Kaysen, Lee MacDonell, Pastor Gabe, Laurel Blaney*) for sharing their talents with us today!

**This Week:**

Tuesday, 7/7: Alive Now 10 AM, Upper Room Group 7 PM

Friday, 7/10: Scott Group 10 AM

**Coming Up:**

Monday, 7/13: PACT 10 AM

Wednesday, 7/15: Book Club 1:30 PM

**You are invited to join our Prayer Team.** The Prayer Team receives a weekly email with prayer requests. To join the Prayer Team or submit a prayer request, contact the church office.

**Online giving is available.** Go to [aptosumc.org](http://aptosumc.org) and click on the 'GIVE NOW' button, or scan this code using your smartphone.



*Everyone is invited!*

**All Church Potluck Picnic today after worship**

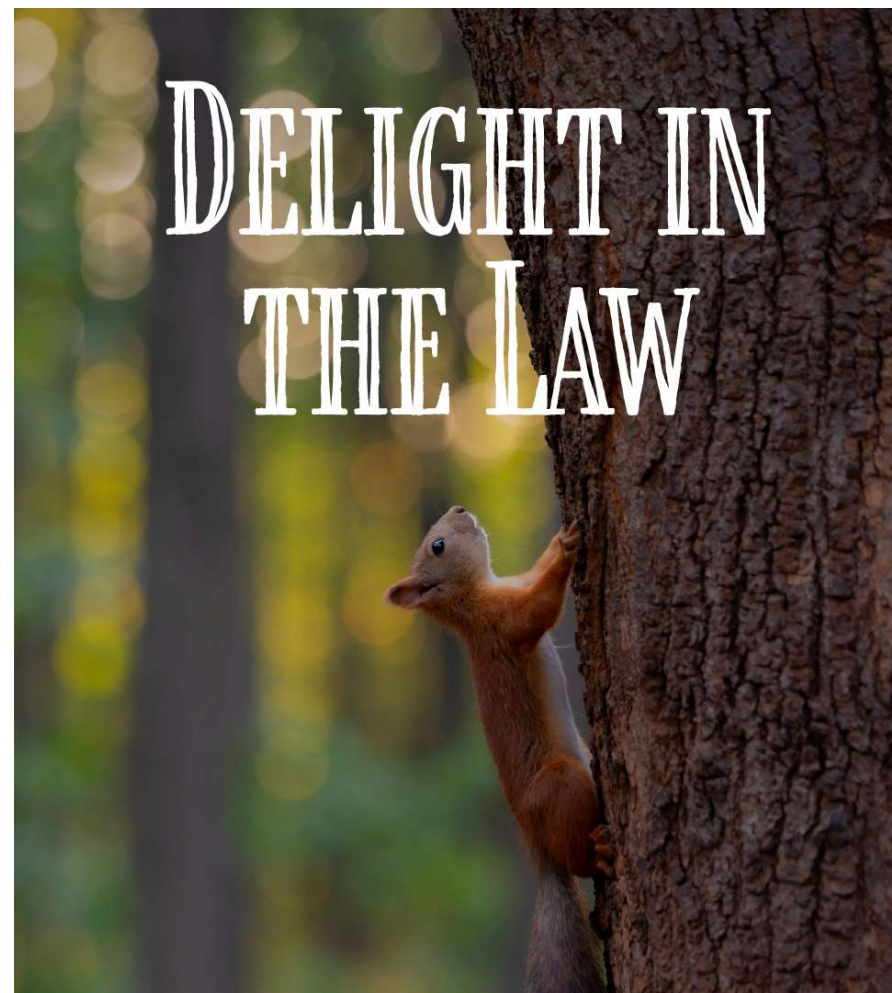
We will be celebrating the Fourth of July,  
plus Gabe's birthday  
and his reappointment to Aptos UMC

# APTOS

## UNITED METHODIST CHURCH

July 5, 2026 ~ 10 AM Worship

Sixth Sunday after Pentecost



**Gabe House, Pastor**

**Daniel Goldsmith, Music Director**

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## *Order of Worship*

### *Gathering Music*

#### *Call To Worship*

We gather to worship God with our full, imperfect selves.

**We come to delight in the law of God, who is Love.**

We gather as people who don't always know what to do in the face of difficult and complex circumstances.

**We come to delight in the law of God, who is Love.**

We gather as people who desire to follow God with our actions but struggle to connect what we want to do with what we actually do.

**We come to delight in the law of God, who is Love.**

Whether you come to worship today wondering if there is anything good left in the world or rejoicing in the small moments of goodness that remind you grace is still at work among us, you are welcome here.

**We come to delight in the law of God, whose grace shows us how to live, work, play, and rest as a community of faith woven together by Love. Amen.**

### *Prelude*

#### *Opening Prayer*

**God of heaven and earth, we gather in Your presence with thanksgiving and praise for the way in which You have revealed Yourself to us. Through Jesus Christ, your Son, we have come to know and love You; we have witnessed Your love and mercy in action; we have caught a glimpse of Your heart, and we have received the call to follow. Continue to reveal Yourself to us as we worship. May Your Holy Spirit open our minds and hearts to Your presence here, and to the word that You have for us this morning. We long to meet You here, and to know You better. In the name of Jesus Christ, Your Son and our Savior. Amen.**

### *Announcements*

*Opening Hymn #384*      **“Love Divine, All Loves Excelling”**

### *Children's Time*

#### *Prayer for Illumination*

**Lord, open our hearts and minds, by the power of your Holy Spirit, that as the Scriptures are read, and your Word proclaimed, we may hear with joy what you say to us today. Amen.**

*Scripture*                      Romans 7:15-25a

*Sermon*                        “Delight in the Law”                      Pastor Gabe

*Hymn #383 (v1,2,3,5)*

**“This Is a Day of New Beginnings”**

### *Prayers of the People*

#### *Confession and Pardon*

**Lord, we come before you this day confessing that we don't understand our own actions. The good we want to do, we don't do; and the evil we hate doing, we just keep doing. The harmful behaviors we tried to put down, we keep picking back up, and our soul is hurting. Rescue us from works that lead to death; save us from self-destructive behaviors. We submit our lives into your hands right now. Amen.**

### *Passing of the Peace*

#### *Special Music*

*“Give Us a Vision”*

Choir

by Pepper Choplin

### *Offering*

*Doxology #94*      **“Praise God, from Whom All Blessings Flow”**

### *Prayer of Thanksgiving*

#### *The Great Thanksgiving*

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them up to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

It is right... ..with your people on earth and all the company of heaven we praise your name and join their unending hymn:

**Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.**

Holy are you... ..as we proclaim the mystery of faith.

**Christ has died; Christ is risen; Christ will come again.**

Pour out your Holy Spirit on us gathered here... ..now and for ever.

**Amen.**

### *The Lord's Prayer*

### *Holy Communion*

*Closing Hymn #2153*      **“I'm Gonna Live So God Can Use Me”**

### *Benediction*

### *Postlude*

## **Romans 7:15-25a NRSVue**

<sup>15</sup> I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. <sup>16</sup> Now if I do what I do not want, I agree that the law is good. <sup>17</sup> But in fact it is no longer I who do it but sin that dwells within me. <sup>18</sup> For I know that the good does not dwell within me, that is, in my flesh. For the desire to do the good lies close at hand, but not the ability. <sup>19</sup> For I do not do the good I want, but the evil I do not want is what I do. <sup>20</sup> Now if I do what I do not want, it is no longer I who do it but sin that dwells within me.

<sup>21</sup> So I find it to be a law that, when I want to do what is good, evil lies close at hand. <sup>22</sup> For I delight in the law of God in my inmost self, <sup>23</sup> but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. <sup>24</sup> Wretched person that I am! Who will rescue me from this body of death? <sup>25</sup> Thanks be to God through Jesus Christ our Lord!